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ABSTRACT

This learning activity package on nutrition is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a list of definitions, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: metabolism, nutrients, basic four food groups, special diets, malnutrition, and religious restrictions. (YLB)

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LAP *Learning Activity Package*

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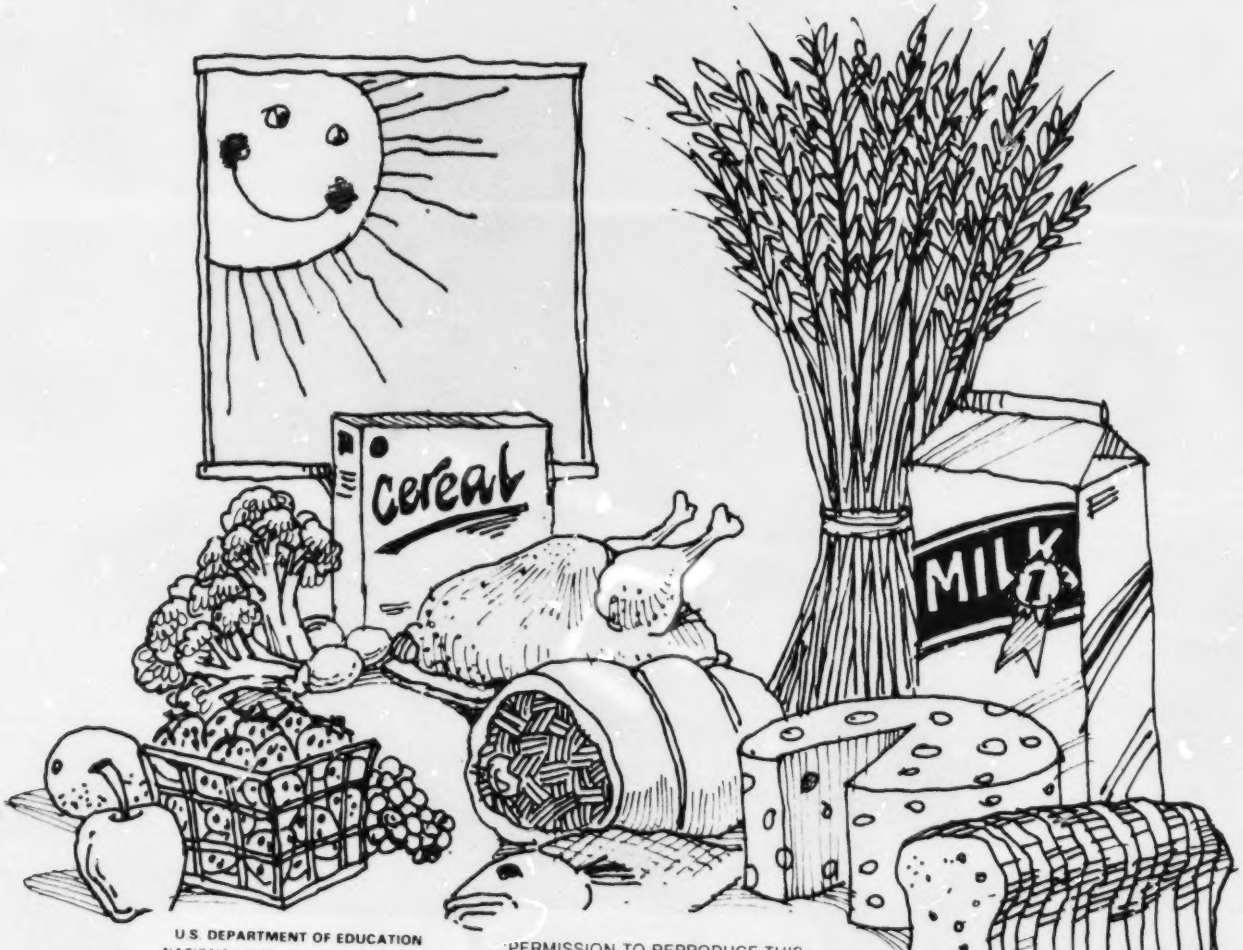
NUTRITION



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NUTRITION

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1982

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OBJECTIVES

AT THE CONCLUSION OF THIS LAP, YOU WILL BE ABLE TO:

1. DEFINE NUTRITION.
2. LIST EIGHT (8) SIGNS OF GOOD NUTRITION.
3. DEFINE METABOLISM.
4. LIST THE SIX (6) BASIC NUTRIENTS AND EXPLAIN THEIR FUNCTIONS.
5. NAME THE BASIC FOUR FOOD GROUPS AND STATE THE RECOMMENDED DAILY SERVING FOR EACH GROUP.
6. MATCH A GIVEN LIST OF FOODS WITH THE CORRECT BASIC FOUR FOOD GROUP.
7. PLAN A BALANCED DIET FOR 1 DAY, INCLUDING BREAKFAST, LUNCH, AND DINNER.
8. EXPLAIN WHAT IS MEANT BY THERAPEUTIC DIET AND LIST AT LEAST 5 OF THESE DIETS.
9. LIST SIX (6) FACTORS CAUSING MALNUTRITION.
10. EXPLAIN THE INFLUENCE OF CULTURAL AND RELIGIOUS CUSTOMS PERTAINING TO GOOD NUTRITION.

MATERIALS NEEDED

PENCIL

*WORK SHEET

PAPER

*PICK UP WORK SHEET BEFORE BEGINNING THIS LAP.

DEFINITION

NUTRITION IS THE STUDY OF THE FOOD NECESSARY FOR THE GROWTH, REPAIR, ENERGY, AND PROPER FUNCTIONING OF THE BODY. MOST FOODS SUPPLY BOTH FUEL AND NUTRIENTS; HOWEVER, NOT ONE 1 FOOD SUPPLIES ALL THE NUTRIENTS FOR PROPER METABOLISM. CONSEQUENTLY, A MIXTURE OF DIFFERENT FOODS IS NECESSARY. WITH A LITTLE PLANNING, A WELL-BALANCED DIET, ONE THAT SUPPLIES ALL THE ELEMENTS WHICH THE BODY NEEDS, MAY BE OBTAINED.

THE RIGHT FOODS ARE NECESSARY TO ACHIEVE AND MAINTAIN GOOD HEALTH.

GOOD HEALTH IS A STATE OF EMOTIONAL AND PHYSICAL WELL-BEING.

WE ARE WHAT WE EAT!!!

SIGNS OF GOOD NUTRITION ARE:

- SHINY HAIR
- CLEAR SKIN
- CLEAR EYES
- WELL-DEVELOPED BODY
- ALERT EXPRESSION
- PLEASANT DISPOSITION
- RESTFUL SLEEP
- GOOD APPETITE

REVIEW I.

DO YOU REMEMBER?

1. _____ IS THE STUDY OF THE FOOD NECESSARY FOR BODY FUNCTIONING.

2. _____ FOOD SUPPLIES THE BODY WITH ALL THE NUTRIENTS NEEDED.

3. WE ARE WHAT WE _____.

4. LIST 8 SIGNS OF GOOD NUTRITION.

   A. _____

   B. _____

   C. _____

   D. _____

   E. _____

   F. _____

   G. _____

   H. _____

ALL CORRECT? GO ON!

ONE OR MORE INCORRECT, PLEASE REVIEW....

REVIEW I. ANSWER KEY

1. NUTRITION

2. NO

3. EAT

4. A. SHINY HAIR
   B. CLEAR SKIN
   C. WELL-DEVELOPED BODY
   D. ALERT EXPRESSION
   E. RESTFUL SLEEP
   F. PLEASANT DISPOSITION
   G. GOOD APPETITE
   H. CLEAR EYES

ENERGY IS NECESSARY FOR WORK TO BE PERFORMED BY THE BODY.
BODY ENERGY IS PROVIDED BY OXIDATION OF FOOD (METABOLISM).

BODY ENERGY

INVOLUNTARY	Vs	VOLUNTARY
WHEN THE BODY IS AT REST		WHEN THE BODY IS ACTIVE

INVOLUNTARY WORK

VOLUNTARY WORK

FACTORS AFFECTING METABOLISM ARE:

1. SURFACE AREA OF BODY
2. SEX
3. AGE
4. STIMULANTS, DRUGS
5. TEMPERATURE OF THE ENVIRONMENT
6. PREGNANCY

A CALORIE IS A UNIT OF HEAT PRODUCED BY THE BODY FROM FOOD AND CONVERTED TO ENERGY.

OVERWEIGHT	Vs	UNDERWEIGHT
INCREASE IN BODY WEIGHT DUE TO GREATER INTAKE OF CALORIES THAN THE BODY NEEDS		INSUFFICIENT INTAKE OF CALORIES TO MEET BODY NEEDS

REVIEW II.

DO YOU REMEMBER?

1. BODY ENERGY IS PROVIDED PRINCIPALLY FROM _____ OF FOOD.

2. _____ IS THE UNIT OF MEASUREMENT FOR HEAT ENERGY PRODUCED BY FOODS.

3. THE 2 TYPES OF WORK PERFORMED BY THE BODY ARE (A) _____ AND (B) _____.

4. THREE FACTORS AFFECTING METABOLISM ARE:

   A. _____

   B. _____

   C. _____

5. WHICH REQUIRES MORE CALORIES: WRITING OR RUNNING?

   _____

6. IF A PERSON TAKES A GREAT DEAL OF FOOD THAT IS HIGH IN CALORIES, AND HAS LITTLE PHYSICAL ACTIVITY, HE OR SHE WOULD PROBABLY BE _____.

ALL CORRECT? GO ON!

MISSED ONE OR MORE?

GO BACK AND REVIEW!

REVIEW II. ANSWER KEY

1. OXIDATION

2. CALORIE

3. A. VOLUNTARY
   B. INVOLUNTARY

4. A. SURFACE AREA OR PREGNANCY
   B. SEX OR STIMULANTS, DRUGS
   C. AGE OR TEMPERATURE OF ENVIRONMENT

5. RUNNING

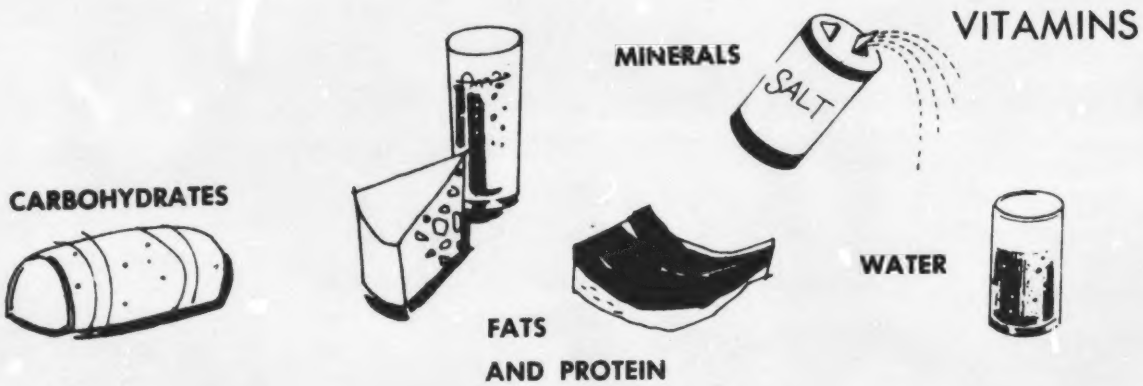
6. OVERWEIGHT

NUTRIENTS

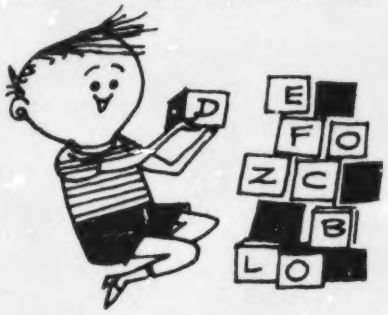
WHAT IS A GOOD DIET?

A GOOD DIET CONSISTS OF THE 6 BASIC NUTRIENTS.

PROTEINS
CARBOHYDRATES
FATS
MINERALS
VITAMINS
WATER



PROTEIN.....BUILDS AND REPAIRS BODY TISSUES



FOUND IN MEAT, CHEESE, EGGS, FISH, AND POULTRY

ROLE....MAKES UP 15% OF THE AMERICAN DIET IN CALORIES

MOST EXPENSIVE NUTRIENTS

CARBOHYDRATES.....SUPPLY WORK AND HEAT ENERGY FOR THE BODY

FOUND IN SUGARS AND STARCHES

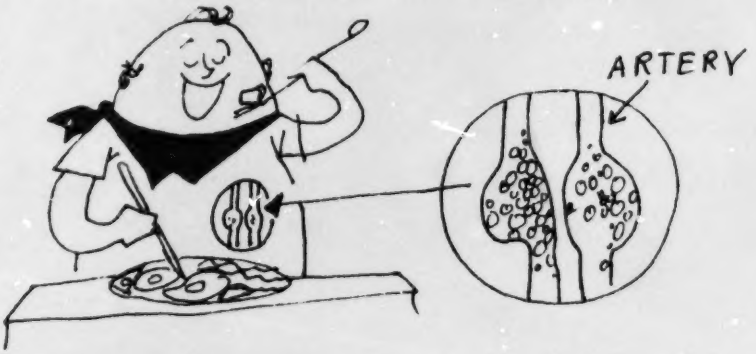
ROLE.... MAKE UP 50% OF THE AMERICAN DIET IN CALORIES. LEAST EXPENSIVE FORM OF ENERGY

FATS.....PROVIDES ENERGY AND INSULATION FOR TEMPERATURE CONTROL

FOUND IN BUTTER, PORK, OILS

ROLE....MAKES UP 35-40% OF THE AMERICAN DIET IN CALORIES.

GREATEST CONTRIBUTOR TO HEART ATTACKS!!!!!



MINERALS.....NECESSARY FOR PROPER BODY FUNCTIONING

MINERAL	SOURCE	GOOD FOR
CALCIUM	MILK, CHEESE	BONES AND TEETH
IRON	RED MEATS	RED BLOOD CELLS
IODINE	SEA FOODS	THYROID GLAND FUNCTIONING
SALT	TABLE SALT	ACID-BASE FUNCTIONING AND FLUID BALANCE

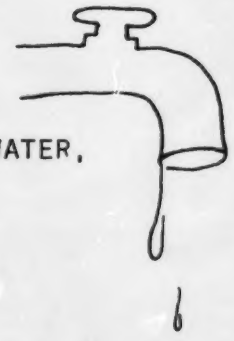
VITAMINS.....REGULATES BODY PROCESSES

VITAMIN	SOURCE	GOOD FOR
VITAMIN A.....	YELLOW VEGETABLES.....	SKIN AND EYES
VITAMIN B.....	MEATS, WHOLE GRAINS.....	NERVES AND BLOOD
VITAMIN C.....	CITRUS FRUITS.....	HELPING TO PREVENT COLDS AND INFECTIONS
VITAMIN D.....	SUN, FORTIFIED FOODS.....	STRONG BONES AND TEETH
VITAMIN K.....	GREEN LEAFY VEGETABLES.....	BLOOD CLOTTING

WATER.....ESSENTIAL TO LIFE

60% OF THE BODY IS COMPOSED OF WATER,

NEEDS TO BE IN BALANCE



CAUSE FOR WATER IMBALANCE:

- VOMITING
- PROFUSE SWEATING
- DISEASES
- DIARRHEA
- ELEVATED BODY TEMPERATURE

NUTRIENTS
FUNCTION
CARBOHYDRATES
SUPPLY ENERGY
PROTEINS
BUILD AND REPAIR BODY TISSUE
FATS
PROVIDE ENERGY AND INSULATION FOR TEMPERATURE CONTROL
MINERALS
PROPER BODY FUNCTIONING
VITAMINS
REGULATES BODY PROCESSES
WATER
ESSENTIAL TO LIFE
SUGARS AND STARCHES
MEAT, CHEESE, EGGS, POULTRY
BUTTER, OIL, PORK

REVIEW III.

DO YOU REMEMBER?

1. FOODS ARE SOURCES OF NUTRIENTS IN THE BODY. THERE ARE 6 TYPES OF NUTRIENTS. THEY ARE:
   A. _____
   B. _____
   C. _____
   D. _____
   E. _____
   F. _____

2. A MAJOR FUNCTION OF CARBOHYDRATES IS TO FURNISH _____ AND ENERGY FOR THE BODY.

3. WHAT NUTRIENT PROVIDES THE LEAST EXPENSIVE SOURCE OF ENERGY?
   A. _____
   THIS NUTRIENT GIVES THE AMERICAN (B) ____% OF THE CALORIES IN HIS OR HER DIET.

4. FAT PROVIDES ABOUT (A) _____% OF CALORIES FOR AMERICANS. DOES THIS PRESENT A HEALTH PROBLEM? (B) YES OR NO

5. NAME 2 SOURCES OF PROTEIN.
   A. _____
   B. _____

6. VITAMINS ARE _____ OF BODY PROCESSES.

ALL CORRECT? GO ON

MISSED ONE OR MORE.....

20

GO BACK AND REVIEW!

7. MATCH THE FOLLOWING:

A. VITAMIN A	1. STRONG BONES/TEETH
B. VITAMIN B	2. PREVENTS COLDS/INFECTIONS
C. VITAMIN C	3. SKIN AND EYES
D. VITAMIN D	4. NERVES AND BLOOD
E. VITAMIN K	5. BLOOD CLOTTING

8. WATER IS (A) _____ TO LIFE, AND THE BODY IS COMPOSED OF (B) _____% WATER.

A PERFECT SCORE? GO ON TO BIGGER AND BETTER!!!

ONE OR MORE WRONG...

MEANS REVIEW IS NECESSARY.

REVIEW III. ANSWER KEY

1. A. PROTEIN
   B. CARBOHYDRATES
   C. FATS
   D. VITAMINS
   E. MINERALS
   F. WATER

2. HEAT

3. A. CARBOHYDRATES
   B. 50%

4. A. 35-40%
   B. YES

5. A. EGGS OR CHEESE OR FISH
   B. MEAT OR POULTRY

6. REGULATORS

7. A. 3
   B. 4
   C. 2
   D. 1
   E. 5

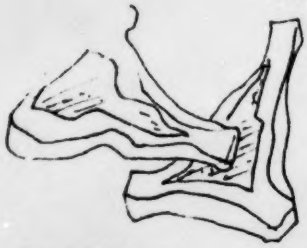
8. A. ESSENTIAL
   B. 60%

ANNOUNCING

THE 6 BASIC NUTRIENTS ARE OBTAINED BY EATING FOODS FROM THE BASIC FOUR FOOD GROUPS EVERY DAY.

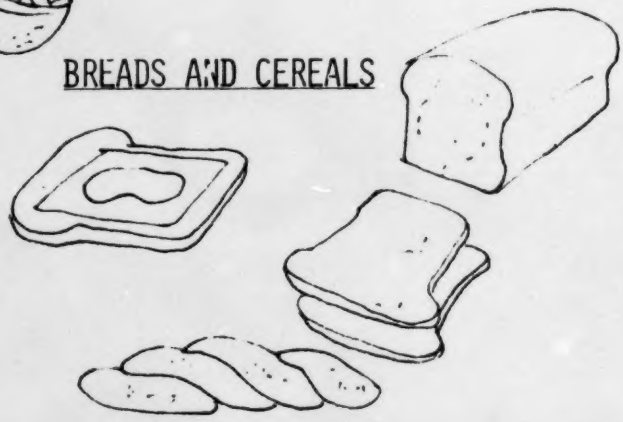
MILK AND DAIRY PRODUCTS

MEAT, FISH, EGGS, POULTRY



FRUITS AND VEGETABLES

BREADS AND CEREALS



GROUP 1. MILK AND DAIRY PRODUCTS

RECOMMENDED DAILY SERVING

ADULTS....4 SERVINGS

EXAMPLES:

1

- MILK
- YOGURT
- ICE CREAM
- BUTTERMILK
- SKIM MILK
- CHEESE
- COTTAGE CHEESE
- WHIPPED CREAM
- CREAM
- SOUR CREAM
- CREAMED CHEESE
- BUTTER
- MARGARINE
- EGGNOG
- MILKSHAKES
- CUSTARD

GROUP 2. MEAT, FISH, POULTRY

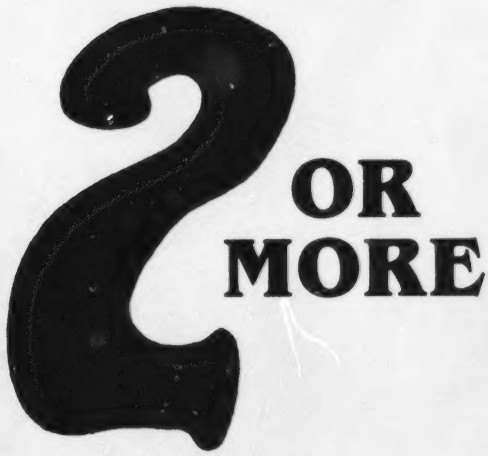
RECOMMENDED DAILY SERVING

2 OR MORE SERVINGS

EXAMPLES:

2

- STEAK
- HAMBURGER
- PORK CHOPS
- FISH
- CHICKEN
- TURKEY
- EGGS
- RIBS
- LIVER
- HAM
- SWEETBREADS
- POT ROAST
- LOBSTER
- SHRIMP
- LAMB CHOPS
- MEATLOAF



GROUP 3. FRUITS AND VEGETABLES

RECOMMENDED DAILY SERVINGS

4 OR MORE SERVINGS

EXAMPLES:

APPLES
PEACHES
LETTUCE
CUCUMBERS
PEARS
PLUMS
BROCCOLI
CORN
CARROTS
SPINACH
BANANA
GREEN BEANS
SQUASH
POTATOES
PINEAPPLE
PEAS
ONIONS

LEMONS
ORANGES
GRAPEFRUIT
LIMES
STRAWBERRIES
TOMATOES
TANGELOS

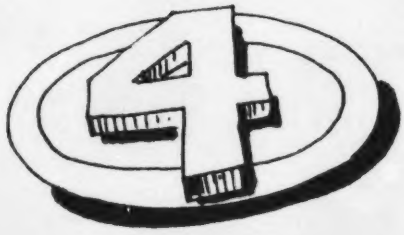
GROUP 4. BREADS AND CEREALS

RECOMMENDED DAILY SERVINGS

4 OR MORE SERVINGS

EXAMPLES:

OATMEAL
CORN BREAD
WHITE BREAD
TORTILLAS
MUFFINS
BISCUITS
CREAM OF WHEAT
CORNFLAKES
WHEAT BREAD
GRITS
RICE CEREAL
BRAN CEREAL
RYE BREAD
ROLLS
RICE
MACARONI
NOODLES



REVIEW IV.

DO YOU REMEMBER?

1. LIST THE BASIC FOUR FOOD GROUPS.

   A. _____

   B. _____

   C. _____

   D. _____

2. ADULTS SHOULD HAVE _____ SERVINGS OF MILK OR OTHER DAIRY PRODUCT A DAY.

3. NAME 3 CITRUS FRUITS.

   A. _____

   B. _____

   C. _____

4. PLACE THE FOLLOWING FOODS IN THE CORRECT BASIC FOUR FOOD GROUP.

   GROUP 1 2 3 4

   FLOUR, BEEF, CHICKEN, PEARS, RICE, CEREAL, CHEESE, COTTAGE CHEESE, APPLES, POTATOES, SPINACH, LIVER, MILK, ICE CREAM, FISH, MACARONI.

5. PREPARE A BALANCED DIET FOR 1 DAY, INCLUDING BREAKFAST, LUNCH, AND DINNER.

   BREAKFAST LUNCH DINNER

ALL CORRECT

MISSED ONE OR TWO QUESTIONS...

REVIEW.

REVIEW IV. ANSWER KEY

1. A. BREAD AND CEREALS
   B. MILK AND DAIRY PRODUCTS
   C. MEATS AND FISH
   D. FRUITS AND VEGETABLES

2. 2

3. A. ORANGES OR LEMONS
   B. LIMES OR STRAWBERRIES
   C. GRAPEFRUIT OR TOMATOES

4.

GROUP 1	2	3	4
CHEESE	BEEF	PEARS	FLOUR
COTTAGE CHEESE	CHICKEN	APPLES	RICE
MILK	LIVER	POTATOES	CEREAL
ICE CREAM	FISH	SPINACH	MACARONI

5. BALANCED MENU FOR 1 DAY MUST INCLUDE THE FOLLOWING:
   4 SERVINGS OF FRUITS AND VEGETABLES
   4 SERVINGS OF BREADS AND CEREALS
   2 OR MORE SERVINGS OF MEATS AND FISH
   4 SERVINGS OF MILK AND DAIRY PRODUCTS

SPECIAL DIETS

THERE ARE MANY TIMES WHEN A PERSON MUST BE PLACED ON A SPECIAL OR THERAPEUTIC DIET. THIS MAY ADJUST THE AMOUNT OF FOOD THE PERSON MAY BE ABLE TO HAVE, OR THE TYPES OF FOODS TO WHICH HE OR SHE MAY BE LIMITED.

CLEAR LIQUID	TEA, BROTH, JELLO
FULL LIQUID	ALL LIQUIDS
DIABETIC	PRESCRIBED AMOUNTS OF PROTEIN, FATS, AND CARBOHYDRATES
REDUCING	LIMITED CALORIES
LOW SALT	NO SALT ADDED TO COOKING
FAT FREE	LOW FAT FOODS; NO BUTTER, OIL
ULCER	EASY TO DIGEST; INCREASED AMOUNTS OF MILK AND CREAM
HIGH PROTEIN	MORE THAN AVERAGE AMOUNT OF PROTEIN
LOW CHOLESTEROL	LOW IN ANIMAL FAT
BLAND	EAST TO DIGEST; LOW IN SEASONINGS
LIGHT	SMALL QUANTITY, EASY TO DIGEST

REVIEW V.

DO YOU REMEMBER?

1. MATCH THE FOLLOWING:

_____	A. CLEAR LIQUIDS	1.	LIMITED CALORIES
_____	B. REDUCING	2.	NO SALT ADDED TO COOKING
_____	C. LOW SALT	3.	PRESCRIBED AMOUNT OF PROTEIN, FATS, AND CARBOHYDRATES
_____	D. BLAND	4.	TEA, BROTH, JELLO
_____	E. DIABETIC	5.	EASY TO DIGEST

2. A DIET THAT IS LOW IN ANIMAL FAT IS CALLED _____.

3. A FAT PERSON SHOULD BE ON A _____ DIET.

4. A DIET THAT IS ALL LIQUID IS CALLED A _____ DIET.

5. A FAT-FREE DIET WOULD CONTAIN _____.

ALL CORRECT?

GOT ONE OR MORE WRONG?

GO BACK!!!!

REVIEW V. ANSWER KEY

1. A. 4
   B. 1
   C. 2
   D. 5
   E. 3

2. LOW CHOLESTEROL

3. REDUCING

4. FULL LIQUID

5. LITTLE OR NO FAT

MALNUTRITION

MANY PEOPLE DO NOT GET THE CORRECT DIET OR FOODS AND SUFFER FROM MALNUTRITION. THEY MAY, IN FACT, EAT ENOUGH FOOD, BUT NOT THE RIGHT FOODS!!!!!

SOME OF THE REASONS FOR MALNUTRITION ARE:

- LACK OF THE CORRECT DIETARY INFORMATION
- LOW INCOME
- DISEASE
- LACK OF TEETH AND/OR CHEWING PROBLEMS
- ENVIRONMENT (SURROUNDINGS)
- RELIGIOUS CUSTOMS

CAN YOU THINK OF MORE? _____

_____

WHEN A PERSON DOES NOT HAVE THE RIGHT AMOUNT OF GOOD FOOD, HE OR SHE SOMETIMES SUFFERS FROM:

- FATIGUE (TIRED)
- LACK OF ENERGY
- NERVOUSNESS
- MENTAL DEPRESSION

IF A PERSON GOES A LONG PERIOD OF TIME WITHOUT CERTAIN NUTRIENTS IN HIS OR HER DIET, SEVERE DEFICIENCIES CAN RESULT.

SOME OF THESE ARE SHOWN BELOW.

CONDITIONS RESULTING FROM DEFICIENCIES

HEART FAILURE

POTASSIUM

IRON DEFICIENCY ANEMIA

IRON

SIMPLE GOITER

IODINE

RICKETS

VITAMIN D

POOR BONES

CALCIUM

CRAMPS

SALT

REVIEW VI.

DO YOU REMEMBER?

1. LIST 6 REASONS FOR MALNUTRITION.
   - A. _____
   - B. _____
   - C. _____
   - D. _____
   - E. _____
   - F. _____

2. A GOITER IS CAUSED BY A DEFICIENCY OF _____.

3. IRON IS NECESSARY FOR _____.

4. CHOOSE 2 ITEMS THAT NUTRITIONAL DEFICIENCIES CAN CAUSE:
   - A. MENTAL DEPRESSION
   - B. VARIETY IN COLOR
   - C. SALIVA AND MECHANICAL ACTION
   - D. FATIGUE

IF YOU GOT ALL CORRECT, GO ON.....

ONE OR MORE WRONG, REVIEW.

REVIEW VI. ANSWER KEY

1. A. LACK OF CORRECT INFORMATION
   B. LOW INCOME
   C. LACK OF TEETH AND/OR CHEWING PROBLEMS
   D. DISEASE
   E. ENVIRONMENT
   F. RELIGIOUS CUSTOMS

2. IODINE

3. RED BLOOD CELLS

4. A. MENTAL DEPRESSION
   D. FATIGUE

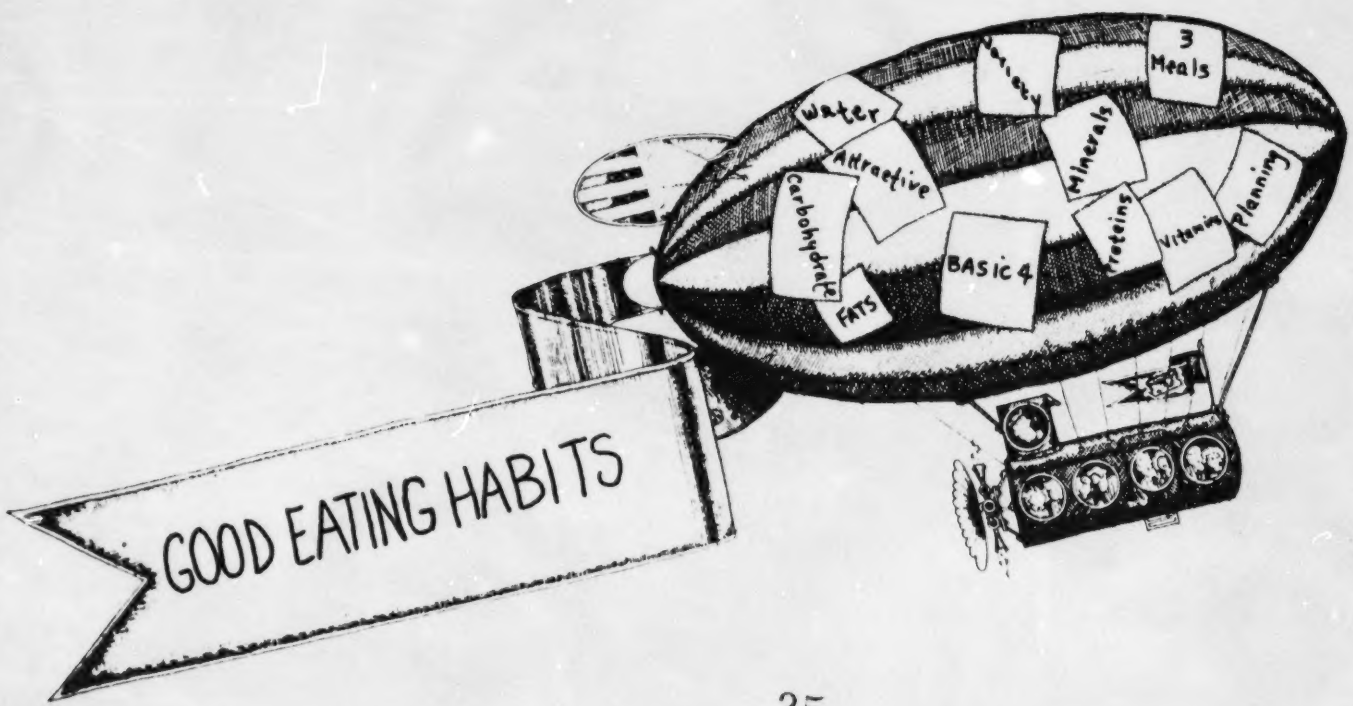
EATING HABITS

EATING HABITS ARE A SOCIAL ACTIVITY AND ARE ESTABLISHED EARLY IN LIFE. FOOD IS GENERALLY CHOSEN TO SATISFY APPETITE RATHER THAN FOR NOURISHMENT.

OVER THE YEARS, FOOD PREFERENCES HAVE BEEN INFLUENCED BY CULTURAL PATTERNS, AS WELL AS ECONOMIC STATUS.

REGIONAL EATING PATTERNS ARE ESTABLISHED BECAUSE OF AVAILABLE FOOD AND CULTURE OF PEOPLE IN THE AREA.

THERE ARE MANY MATERIALS EATEN THROUGHOUT THE WORLD WHICH WE IN THE UNITED STATES DO NOT CONSIDER ACCEPTABLE FOOD (GRASSHOPPERS, SHEEPS EYES, ETC.).



EATING HABITS

REGIONAL EATING PATTERNS

30

ORIENTAL FOODS

CHEESE
MILK
STRUDEL
QUICHE
BEEF
YEAST BREADS

TURNIP
FISH
CHOWDERS
PIZZA
SQUASH
BAKED BEANS

CITRUS FRUITS
DATES
TACOS
TORTILLA
TOSTADOS
AVOCADOS
MELON

BEANS
CHILI
BARBEQUE BEEF
OKRA
BLACK-EYED PEAS
CORN BREAD

'GREENS'
PORK
GRITS
CHICKEN
PECAN PIE
FRITTERS
HUSH-PUPPIES

RELIGIOUS RESTRICTION

MANY RELIGIOUS BELIEFS ALTER ONE'S EATING PATTERN ALSO. THESE BELIEFS SOMETIMES CREATE AN IMBALANCE OF "GOOD NUTRITION," AND ALTERNATIVE FOODS MUST BE SUBSTITUTED. THE FOLLOWING LIST GIVES YOU EXAMPLES OF FOODS ALLOWED OR RESTRICTED.

JEWISH

PORK

SHELLFISH

REGULARLY PREPARED MEATS

COOKING ON THE SABBATH

KOSHER-PREPARED FOOD

FISH WITH SCALES AND FINS

SEVENTH-DAY ADVENTIST

NO CHICKEN OR PORK

NO SHELLFISH

ALL VEGETABLES (VEGETARIAN)

MANY EGGS, CHEESE, NUTS

HINDU

THE COW IS SACRED.

REVIEW VII.

DO YOU REMEMBER?

1. WHAT ANIMAL IN INDIA IS SACRED? _____

2. SEVENTH-DAY ADVENTISTS ARE MOSTLY _____.

3. EATING HABITS ARE A _____ ACTIVITY.

4. LIST 2 RULES OF THE JEWISH RELIGION THAT ARE RELATED TO FOOD.
   A. _____
   B. _____

5. GIVE ONE EXAMPLE OF A "REGIONAL" FOOD FOR THE FOLLOWING:
   A. SOUTH-WEST _____
   B. SOUTH-MIDWEST _____
   C. SOUTH-EAST _____
   D. NORTH-EAST _____
   E. NORTH-MIDWEST _____

ALL RIGHT?

MISSED SOME!

REVIEW VII.

1. COW

2. VEGETARIAN

3. SOCIAL

4. A. NO PORK, NO SHELLFISH, NO COOKING ON SABBATH, AND NO REGULARLY PREPARED MEATS

   B. FISH WITH FINS AND SCALES OR KOSHER-PREPARED FOODS

5. A. CITRUS FRUITS, DATES, TACOS, TORTILLA, TOSTADOS, AVOCADO, MELON

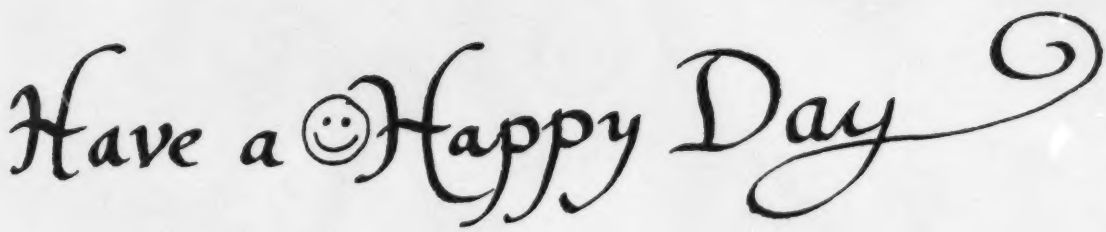
   B. BEANS, CHILI, BARBEQUE BEEF, OKRA, BLACK-EYED PEAS, CORN BREAD

   C. 'GREENS', PORK, GRITS, CHICKEN, PECAN PIE, FRITTERS, HUSH PUPPIES

   D. TURNIP, FISH, CHOWDERS, PIZZA, SQUASH, BAKED BEANS

   E. CHEESE, MILK, STRUDEL, QUICHE, BEEF, YEAST BREADS

TURN IN THIS BOOKLET TO YOUR TEACHER WITH YOUR COMPLETED WORK SHEETS, AND PICK UP THE FINAL REVIEW FOR THE NUTRITION LAP.



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